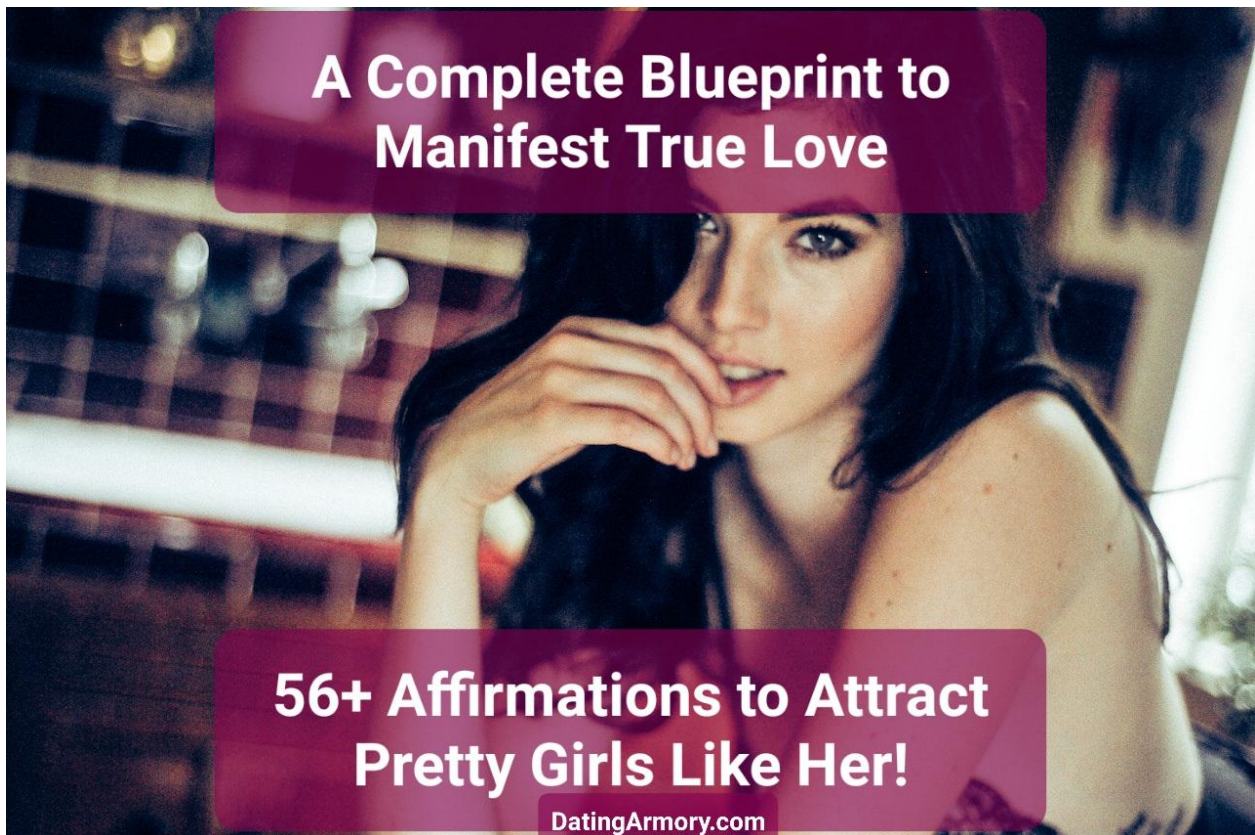


# A Dating Armory PDF Worksheet for

## [Blueprint to Manifest Love: 56+ Affirmations to Attract Women](#)



In this worksheet you have a complete copy of the 9 core questions, a list of all my affirmations, and all the diagrams used throughout the article. Have fun!

### [Questions To Define Who You Are, What You Want And Why You Want It](#)

1. What Is More Valuable To You: Variety/ Novelty Or Certainty/ Security?

2. What Is More Valuable To You: Being Significant Or Love/ Connection?
3. What Is More Valuable To You: Self-Growth Or Contribution?
4. What Group Do You Fall Into: Group Freedom Or Group Connection?
5. What Specific Kind Of Relationship Do You Desire?
6. What Kind Of Woman Would Meet Your Needs Best?
7. Why Did You Prefer Those Values Mentioned Above?
8. Why Do You Want Your Specific Kind Of Relationship?
9. Why Do You Want To Manifest Your Specific Kind Of Woman Or Wife?

### List Of My Affirmations

1. Because you are learning the right material and have an experienced dating coach who pushes you to take action every day, in 6 months you will have mostly gotten over your crippling approach anxiety and in 1 year you will be able to confidently approach girls by yourself and get solid numbers, dates and even a lay or two.
2. You are capable of building yourself up and becoming an attractive man
3. You approach girls well in a bar because just last weekend you talked to this girl 'Katy' and while she had to go, she was happy to speak to you
4. You are a good looking guy because you've gotten many compliments on your beard
5. You have good style because your friends told you last week how your coat looks great on you
6. Unlike the guys on the side of the bar who are swiping on Tinder, you are good at approaching girls in a bar, because just last weekend you were talking to this girl 'Katy', and even though she had to leave, she was happy to talk to you.
7. You are a good looking guy who doesn't treat his body like shit because you've gotten many compliments on your beard.
8. You have good style and don't look shabby because your friends told you last week how your coat looks great on you

9. You don't feel worthy of having a lovely wife because of your childhood trauma. You see yourself as an outcast of society. You know that it's a real feeling and that's okay. You also know that the past stays in the past and now, in this moment, you are a man capable of getting a lovely wife. As you've been going to gym, you have a great body and you have a quirky personality which makes you stand out. Girls love that.
10. You are a human being. As a human, you do not feel guilty for being alive or enjoying life. You did not deserve what was done to you as a child and what has left you with a false image of yourself. You will heal because that is a natural human trait. You refuse to trash yourself and you are on your own side. You are your own best friend. You are capable of love and even though bad things have happened to you, your life has only started. Things are about to get a whole lot better. More love, a great body and good money. You are working hard to make this happen because this is who you are.
11. As you are taking action by getting the right dating material and have an authentic coach who is pushing you past your fears, you are on your way to become a sexually attractive man who has solid skills to seduce women.
12. You are a determined man who is cultivating the skills and confidence to approach women by taking the right courses and mentors that will inevitably make the things you want come true.
13. Every day you work on reducing your fear of approaching women. You approach 3 girls a day and do 1 rejection therapy exercise.
14. Your engagement with dating advice material increases your skill as a seducer and lover.
15. It's only a matter of time before you have 3 girlfriends because you are actively engaging with dating advice material.
16. Because you deeply value your personal freedom, need the variety of meeting new, pretty women and love the challenge which keeps you happy, you take 'x' action on a daily basis which will put you well on your way to become an experienced seducer who can sleep with 1 out of 30 women he cold approaches by 'x' date.

17. Your current self image is [Insert Old Self-Image]. You carry this outdated self-image from past traumatic childhood experiences, such as [Insert Several Traumatic Experiences]. Therefore, it is simply natural for your mind to carry such self beliefs. However, over the past 16 months, you've done extensive work on yourself. You've been hitting the gym regularly, possibly even more than you should. You've lost over 15KG and you look like a new man. Your old friends tell you that you're unrecognizable! But that's not all, you've gotten solid dating advice, approached dozens of pretty girls every month, got some numbers and dates and even took 3 girls home! [Insert Your Own Detailed Personal Success Stories With Girls, No Matter How Small.] And beyond my physical health and social life, you've begun a remodeling on your financial success and it's only going to improve. [Insert Actions You're Taking To Improve Your Financial Success.] Therefore, it is only logical and realistic to see myself as [Insert New Self-Image]. And beyond all of this, because I am consistent, there's no way I won't achieve my wildest dreams [Insert Your Wildest Dreams].
18. While you understand that your ex [her name] left you because of [unattractive qualities you had], you are a new man. By taking action over the last [insert time period], specifically [insert actions you took], you have developed [insert new attractive qualities]. This makes you confident that if you strategically get back in touch with her, she'll see you in a new light, and she'll be back with you in no time!
19. Because you are able to seduce approximately 1 out of every 40 girls you meet, you feel confident, sexy, and worthy. This accomplishment allows you to be your true self, enjoy female companionship guilt-free, and live freely. (This seduction affirmation template works by first defining your end goal + determining how you'd feel once you achieved your goal + identifying why you want your goal).
20. Because you are human, which by definition means you can change, you can improve yourself and become authentically

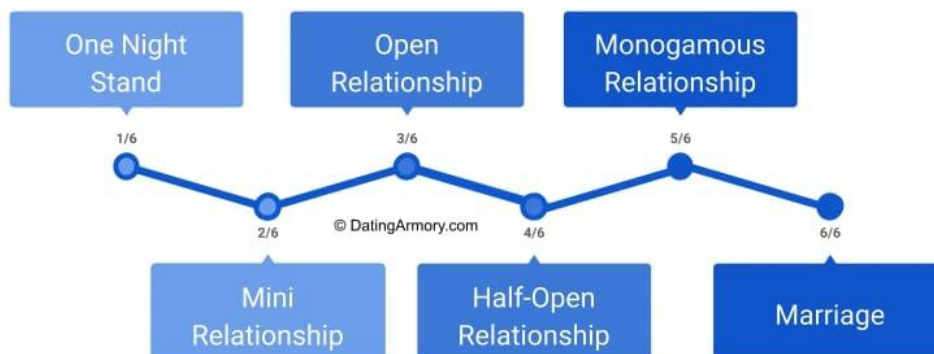
attractive to women. (This is a great girlfriend affirmation if you find yourself perpetually single).

21. Because it's super easy for you to get coffee dates with a significant number of the girls you approach, you know that girls enjoy spending time with you.
22. By studying the right material and taking massive action, you are improving your life and increasing your chances of becoming a sexually attractive man. (A simple yet effective affirmation to be attractive to women.)
23. You're not a hopeless case because you've already seen improvements in your life, such as [insert specific improvements].
24. You know you can become charismatic because you know guys who were in worse situations than you and eventually succeeded with women.
25. Because you don't want to look back 3 years from now and regret not taking action, you never stop talking to girls.
26. Because you're constantly facing your fears, you'll have an above-average level of self-confidence in a year.
27. Because you are the kind of person who values real self-transformation and freedom, you take daily action to become an attractive man and you will have a special girlfriend in no time.
28. Because you are a man who cannot stay average, you know that your life will be transformed in the next 2-5 years.
29. Every time you look in the mirror, you see a man who has put in the necessary work. It's only a matter of time before you get the life you deserve.
30. People are always noticing and praising your ability to do what makes you happy without the need for others' approval.
31. Because you've changed so much in the past 2 years, you're constantly reminded that you're just getting started and that the fun has only just begun.
32. I love how you don't let your fears control you, but instead push them back by getting your crush to be your girlfriend.

33. You are so grateful for all the work you have put in over the years and continue to do. You know how hard it can be, but you keep focusing on the rewards.
34. It is wonderful that you are an attractive bad boy with a good sense of style and a charismatic self-confidence that makes it easy for you to get laid.
35. When other guys have a hard time getting out of their heads, why is it so easy for you to approach girls?
36. When did you stop being a broke, virgin loser and become a cool bad boy to so many girls?
37. You know you are capable of finding a woman no matter how unattractive you are because we are all human, which means we can work to mold ourselves into the people we want to be.

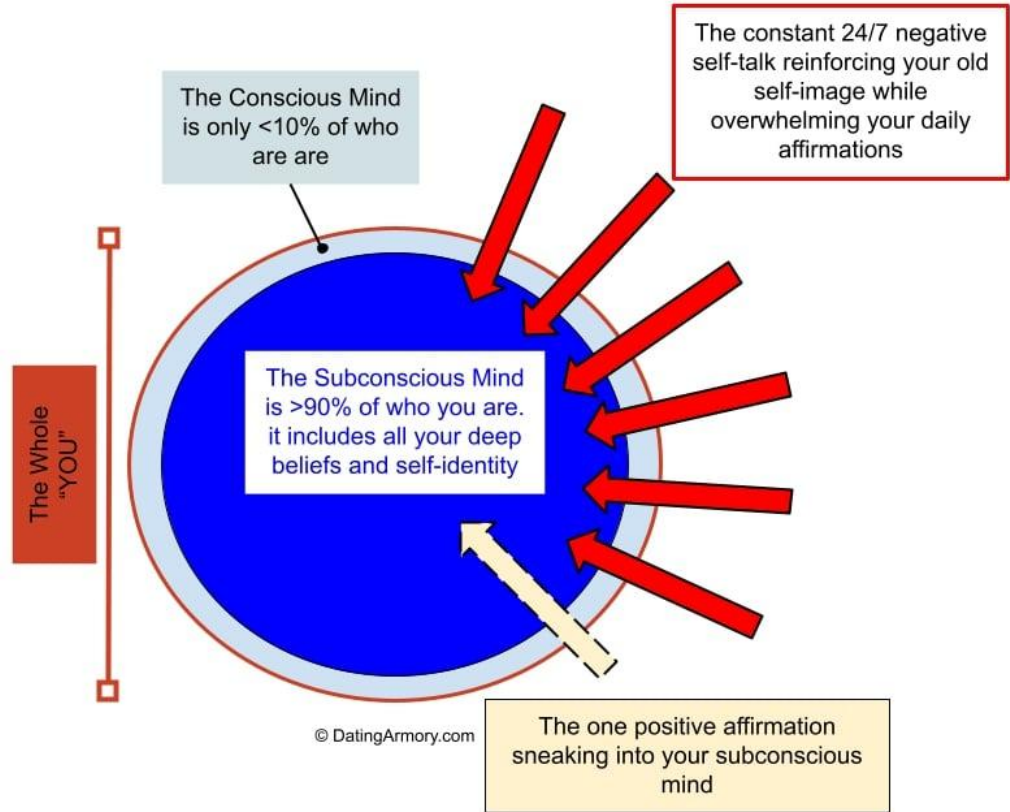
## Copy Of The Diagrams

### The 6 Kinds of Relationships Diagram

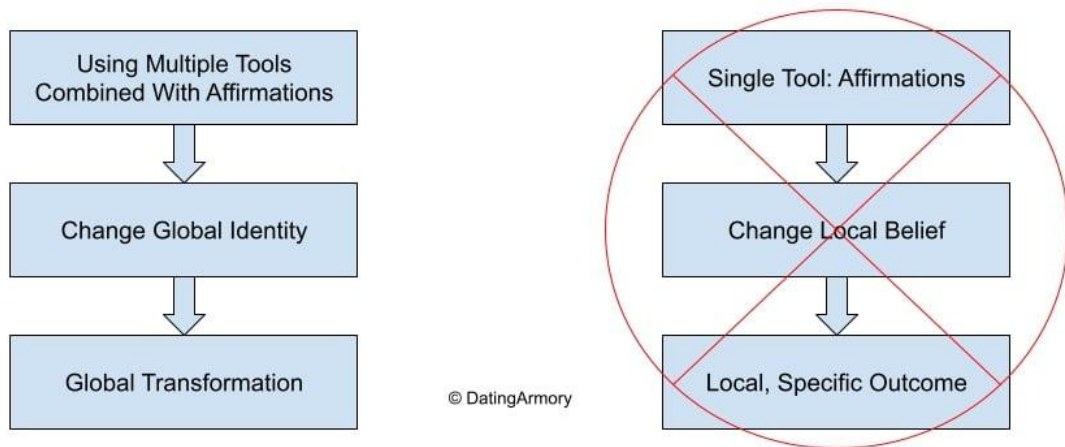




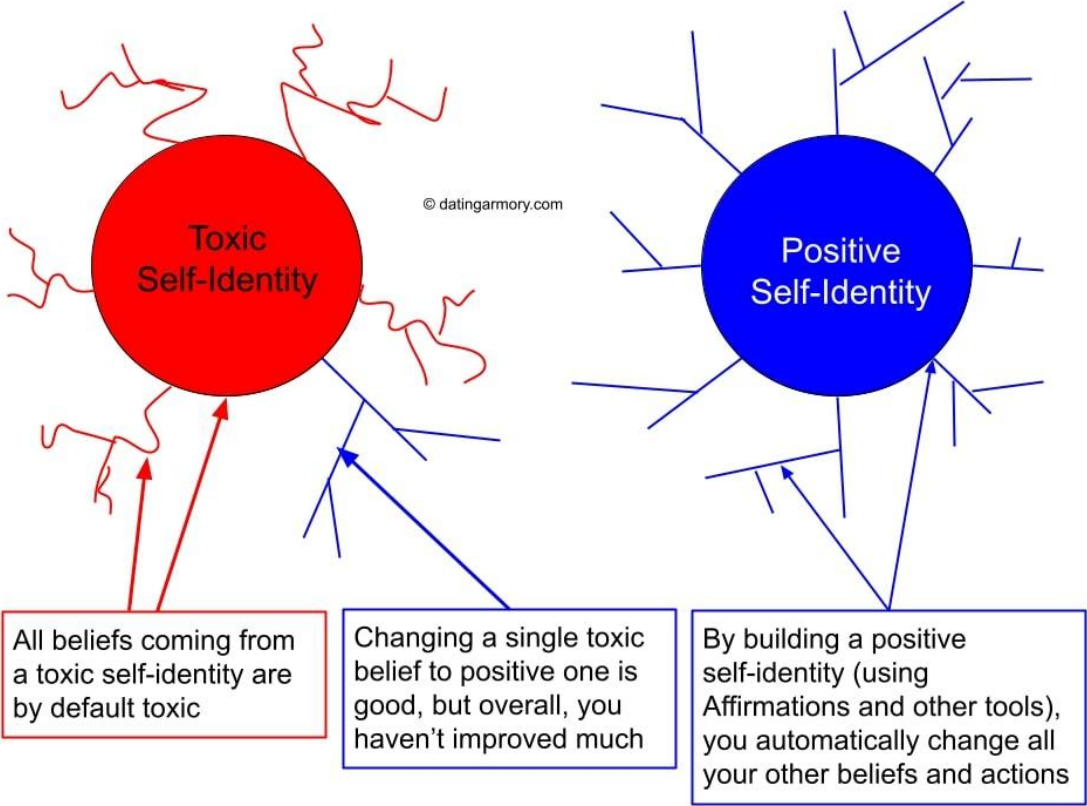
## Self Talk vs Affirmation Diagram



## Local Belief Affirmation Diagram

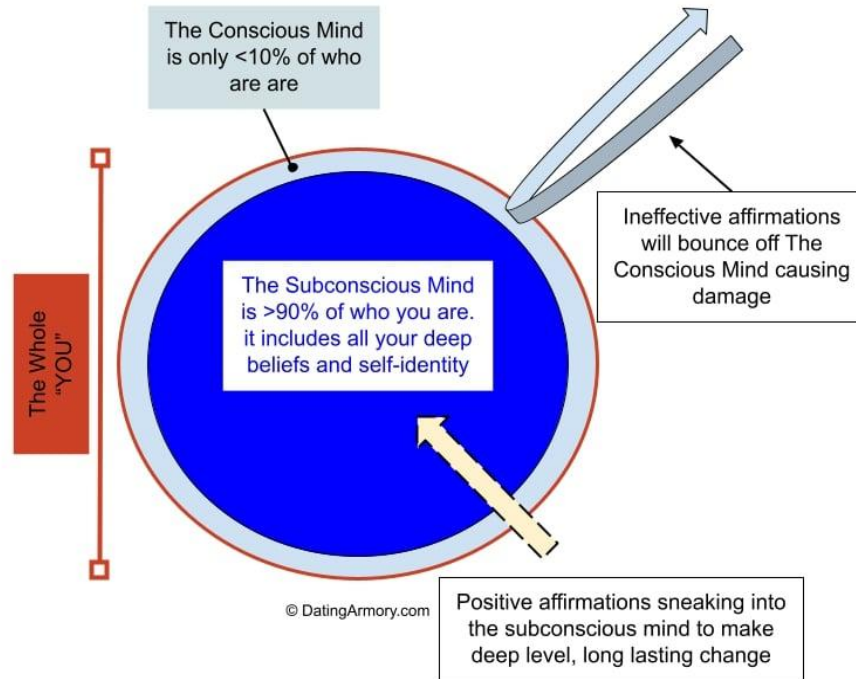


# Global Identity vs local Affirmation Diagram





## Conscious vs Subconscious Mind Affirmation Diagram



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- Coach Colt